

Adopt a Key Largo Animal Shelter Pet

Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home, stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.



COCONUT TELEGRAPH CLASSIFIED ADS

<p>BUYING</p> <p>WE BUY COINS No collection too large or too small. We pay cash on the spot and we offer private consultation in our location or yours. Call Bill 305.942.0911.</p>	<p>FOR SALE</p> <p>PRINCESS CUT ENGAGEMENT RING SET Diamond ring and band set. New, never used... unlike the bride-to-be who I came home early to find "otherwise engaged." 1-305-555-RING</p>	<p>MISCELLANEOUS</p> <p>Help Wanted I lied when I got my job. I told them I had a kid so I could leave early to pick him up from day care, take him to doctor appointments and occasionally miss a day when he's sick. Long story short, I'm in too deep. I didn't think it through. I'm looking to rent a kid for "bring your child to work" day. Must be a boy ages 4 to 6 with curly brown hair who plays soccer, essentially he has to look like the stock photo. In the frame on my desk. Also must be artistic, as the macaroni noodle collages I made seem a little advanced for someone his age. He also needs to respond to "My Little Picasso," as that's what my wife and I call him. Also I will pay extra for someone who can play the role of my wife when dropping him off. Her name is Maggie, she's named after her grandma, and she's a defense attorney who often brings her work home. Message me for the details, serious inquiries only. 305-555-LIAR</p>	<p>SERVICES</p> <p>House Cleaning call Danielle 305-393-2728</p>	<p>CLUBS</p> <p>Fraternal Order of the Eagles meets every 1st and 3rd Monday, 7pm at Elks Lodge, Tavernier.</p> <p>Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Comm. Room 7pm. Open to public. Info: 305-451-2396.</p>	<p>FOR SALE</p> <p>Getting rid of my dad's old stuff, found this vintage motorbike mask without the goggles. I didn't know he was into riding motorcycles, but he has a lot of leather gear. Call if you're interested. 1-305-555-MASK</p>
<p>BUYERS AGENT IS BUYING VINTAGE COSTUME JEWELRY Call & leave msg. 305-304-2837</p>	<p>PERSONAL</p> <p>HENRY MY BARBER Shout out to my man Henry at the MM112 Salon who not only didn't mention the heinous fart I ripped in his chair, but casually aimed the blow drier at my crotch for about 15 seconds while pretending to be distracted by the TV to save us both. True professional. Haircut is also always on point if you care about that sort of thing.</p>	<p>MUSICIANS WANTED</p> <p>Amateur & seasoned musicians wanted! The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.</p>	<p>VESSEL SAFETY</p> <p>The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. The Public is Welcome. More info: 305-998-8400</p>	<p>THE KEY PLAYERS Community Theater Group needs volunteers to work behind the scenes and audition for roles! thekeyplayers.org</p>	<p>PERSONAL</p> <p>WOMAN OF AGE LOOKING FOR COMPANIONSHIP I am into solitude, long walks, sunrises, the ocean, yoga, and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times. 305-555-WALK</p>
<p>GET CLASSIFIED \$10 per col. inch per month! (generous 1.88 column width) Bold Listing \$12./inch per mo. MUST BE PAID IN ADVANCE Classified Display Space \$15/inch. Drop off your ad and payment at The UPS STORE 101425 Overseas Highway, Next to Publix at Tradewinds Questions? Call 305-304-2837.</p>	<p>FOR SALE</p> <p>WHITE TRASH COMPACTOR. NEVER USED. \$225 OBO.</p>	<p>Classified ads will not be accepted without payment.</p>	<p>gardenclubupperkeys.org</p>	<p>Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com</p>	<p>LOCALS' FAVORITE</p> <p>Bayside Grill: Keyribbean Kooking & Kocktails open 11:30am-10pm • www.keylargo-baysidegrill.com Best Live Music Schedule in Key Largo Entertainment calendar at keylargo-baysidegrill.com</p>

The Process of Grieving

Grief can arise from many life situations, but you should know it is not a permanent state of being.



When we experience any kind of devastating loss, whether it is the loss of a loved one, a dream, or a relationship, feelings may arise within us that are overwhelming or difficult to cope with.

This sense of grief can also come up when we are separated from anyone or anything we have welcomed into our lives. And while it may feel like we are caught up in a never-ending spiral of sadness and emptiness, it is important to remember that the grief we are feeling is not a permanent state of being. Rather, grief is part of the process of letting go that in many ways can be a gift, allowing us to go deeper within ourselves to rediscover the light amidst the seeming darkness.

The emotions that accompany any kind of loss can be intense and varied. A sense of shock or denial is often the first reaction, to be replaced by anger. Sometimes this anger can be directed at your loved one for "abandoning" you; at other times you may feel outrage toward the universe for what you are enduring. And while there are stages of grief that people go through - moving from denial to anger to bargaining to depression to acceptance - the cycles

of grief often move in spirals, sometimes circling forward and then back again.

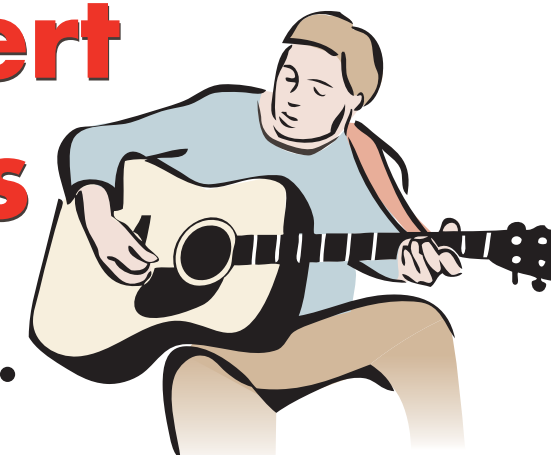
You may even experience moments of strength, faith, and laughter in between. While these emotions seem to come and go sporadically, it is important to feel them, accept them, and allow them to flow. With time, patience, and compassion, you will eventually find your center again.

As we move through our grief, we may find ourselves reluctant to release our pain, fearing we are letting go of who or what we have lost. We may even regard our movement toward healing as an act of disloyalty or giving up. Know that while the hurt may fade, the essence of what you had and who you loved will have already transformed you and forever stay with you.

If anything, once you are ready for the pain of your loss to subside, their memories can then live more fully within you. Remember, that healing is a part of the spiraling cycles of grief, and that in letting yourself feel restored again, you are surrendering to a natural movement that is part of the dance of life.

Key Largo Library has a new Acoustic Music Series!
First Fridays, there's a free concert

Acoustic Concert Series



6 - 7 p.m.

FRIDAYS

Nov. 2 - Grant Livingston

Dec. 7 - HungryTown

Sponsored by Friends of the Key Largo Library
MM 101.4 in the Tradewinds Shopping Center

Bayside Sunset Bar

4 pm-10 pm



Celebrate Sunset

Most Photographed Sunset in Key Largo!

Live Daily Conch Shell Blowing

LOCALS' FAVORITE

Bayside Grill: Keyribbean Kooking & Kocktails
open 11:30am-10pm • www.keylargo-baysidegrill.com
Best Live Music Schedule in Key Largo
Entertainment calendar at keylargo-baysidegrill.com

305-451-3380 • MM 99.5 Bayside, behind Cafe Largo